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Safety Council News

Association of Safety Councils -
Newsletter – 4th Edition, 2003

July - August, 2003 ~ Take care! Safety is no accident!

FASC provides a forum for Florida Safety Councils to examine and act on issues impacting driving, occupational and public safety. FASC develops safety education programs available to member Councils individually or collectively. Visit the FASC Website at: www.safety.org

The Central Florida Safety Council

427 N. Primrose Avenue, Orlando, FL 32803
Tel: (407) 897-4412; Fax: (407) 895-2650
Website: <http://www.floridasafety.org>
E-mail: rhormer674@aol.com

North Central Florida Safety Council

3710 N.W. 51st Street, Suite A, Gainesville, FL 32606
Tel: (352) 377-2566; Fax: (352) 377-7544
Website: <http://www.ncfsafety.com>
E-mails: mccray@ncfsafety.com ncfscexec@aol.com

North Florida Safety Council

2003-B Apalachee Parkway, Tallahassee, FL 32301
Tel: (850) 877-5193; Fax: (850) 877-8428
Website: <http://www.nflasafety.com>
E-Mail: johnsonp@digitalex.com

Northeast Florida Safety Council

1725 Art Museum Drive, Jacksonville, FL 32207
Tel: (904) 399-3119; Fax: (904) 399-8001
Website: <http://www.nefsc.org>
E-mail: nefsc@nefsc.org

Suncoast Safety Council, Inc.

1145 Court Street, Clearwater, FL 33756
Tel: (727) 373-SAFE (7233); Fax: (727) 442-2321
Website: <http://www.suncoastsafety.org>
E-mails: droffey@safety.org; safety@safety.org

Safety Council of Palm Beach County

770-R S. Military Trail, West Palm Beach, FL 33415
Tel: (561) 689-4733; Fax: (561) 683-1717
Website: <http://www.safetycouncilpbc.org>
E-mail: donna@safetycouncilpbc.org

Southwest Florida Safety Council

1714 Evans Avenue, Fort Myers, FL 33901
Tel: (800) 437-3008; Fax: (941) 332-3093
Website: <http://www.safedrivingsschool.com>
E-mail: swflsafety1@earthlink.net

Sunshine Safety Council, Inc.

150 North Beach Street, Daytona Beach, FL 32114
Tel: (800) 467-7327; (386) 253-6400
Fax: (386) 252-1875
Website: <http://www.sunshinesafety.org>
E-mail: sherrie@sunshinesafety.org

Tampa Area Safety Council

1113 E. Martin Luther King Jr. Blvd.,
Tampa, FL 33603
Tel: (813) 248-3009; Fax: (813) 247-3671
Website: <http://tampasafetycouncil.org>
E-mail: TASCPatty@aol.com

Contact A Safety Council Near You!

Drive for Life



During a recent 3-week period, as estimated 2,716 Americans were killed in traffic crashes. Multiply those tragedies by the number people affected by those deaths—mothers, fathers, children, bosses, co-workers and the list goes on. Are you doing your part to stay safe on our country's roads and byways?

A new national poll, conducted by Mason-Dixon Polling and Research, Inc., and commissioned by AAA among others, reveals that drivers themselves, more than traffic conditions or vehicles, are the greatest safety threat on the road. American drivers admit they knowingly and routinely engage in careless driving behavior and dangerous driving practices.

A clear majority of all drivers (71 percent) speed and most believe it's OK to routinely exceed the speed limit by 5 mph. Nearly 1 in 3 men believe it's OK to exceed the speed limit by 10 mph.

Interestingly, most Americans polled believe that, despite their own troublesome driving behavior, the dangerous driver on the road is someone else! 77 percent said seniors should be periodically retested and 69 percent favored retesting for teens. In fact, a majority (57 percent) favored raising the driving age to 18. However, drivers ages 26-44 admitted to the most dangerous behaviors on the road. All of us, regardless of age, need to be fully aware that no matter what, safe driving demands concentration and full attention at all times.

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Most drivers engage in one or more other activities while driving. For instance, 59 percent of drivers say they eat while they drive; 37 percent say they talk on a cell phone while driving; 14 percent even read while driving.

"We worry about the car, the weather, the driver in front or behind us. But we don't spend nearly enough time worrying about our own driving habits," said Bill Johnson, executive director of the partnering National Association of Police Organizations.

National Highway Traffic Safety Administration studies suggest driver attention is a primary or contributing factor in as many as 50 percent of all crashes. Common mistakes drivers make are "zoning out," speeding, making incorrect assumptions about what other drivers are going to do, driving aggressively and driving while drowsy, upset or distracted.

"Drive for Life: The National Safe Driving Test & Initiative:" challenges Americans to retest their driving knowledge. A coalition of highway safety experts and advocates developed this initiative designed to make American drivers more aware of their bad driving habits and learn how to fix them. The coalition consists of the American Automobile Association (AAA), Volvo Cars of North America and Partners for Highway Safety in partnership with other safety, law enforcement and education groups. The initiative gives interested parties a chance to reassess their driving knowledge via an interactive Website, www.safedrivingtest.com. A 30 minute national TV special scheduled to air in late summer and also in public schools.



In 2002, traffic deaths were at their highest level since 1990: 42,850 people died in traffic crashes last year, a 1.7 percent increase over the previous year.

It seems at though we need to examine our own outlook and driving skills.

As this poll seems to confirm, lack of driver awareness and education are the final frontiers of road safety. <<

Businesses lack preparedness

According to a recent survey by Guardsmark, a security service company, security professionals and the general public realize a threat of more terrorism exists but companies are generally complacent about the importance of workplace security and protection. The survey also found that 58 percent of security professionals and 66 percent of the general public perceive that security in the workplace is too loose and relaxed principally because there has not been any terrorism in the United States lately.

Companies also are ignoring warnings coming from the Department of Homeland Security, according to the survey. Less than 31 percent say they take the Homeland

Security warnings very seriously, and just 30 percent of security professionals, and 27 percent of the general public, feel that it is a very effective system. Sixty-one percent of the public says a change in colors (of the Homeland Security Advisory) does not lead to a change in policies or actions at their firms. Are your complacent? <<



OSHA's goals

OSHA seeks to reduce nationwide workplace fatalities by 15 percent and workplace injuries and illnesses by 20 percent over the next five years, according to the agency's new strategic management plan.

OSHA chief John Henshaw says the agency will focus on reducing hazards through direct involvement, promoting a safety and health culture, and internal organizational improvements.

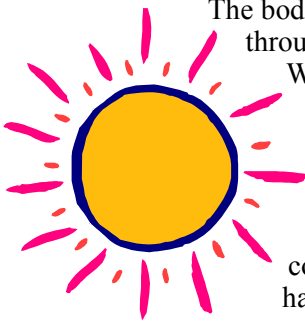
Can your company or organization meet the same goals? OSHA's goal is a three percent drop in construction fatalities and a one percent drop in general industry fatalities. Set new safety goals for your workplace, you'll change lives for the better. <<

For further information or assistance, contact:

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770-R S. Military Trail, West Palm Beach, FL 33415 Tel:(561) 689-4733; Fax: (561)683-1717
Visit our website at: <http://www.safetycouncilpbc.org> E-mail: zondra@safetycouncilpbc.org

Heat and humidity can be dangerous!



The body is cooled by losing heat through the skin and by perspiration.

When heat gain exceeds the amount the body can remove, the body's inner temperature begins to rise, and heat-related illness may develop.

Heat disorders share one common feature: the individual has been overexposed to heat, or over exercised for his age and physical condition on a hot day. The severity of heat disorders tends to increase with age; heat cramps in a 17-year-old may be heat exhaustion in someone 40, and heat stroke in a person over 60. Sunburn can significantly retard the skin's ability to shed excess heat. Elderly persons, small children, chronic invalids, those on certain medications or drugs and persons with weight and alcohol problems are particularly susceptible to heat reactions.

Safety Tips

- Slow down. Schedule strenuous work for the coolest time of day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
- Dress lightly. Lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures. However, dress for safety if using tools or removing heavy debris. Wear close-fitting clothing and wear shoes to prevent injury.
- Eat lightly. Foods, such as proteins, that increase metabolism also increase body heat and water loss.
- Drink water. Your body needs water to keep cool.
- Drink plenty of fluids even if you don't feel thirsty. NOTE: Persons who have epilepsy, heart, kidney or liver disease, are on fluid-restricted diets, or have a problem with fluid retention should consult a physician if possible before increasing fluid consumption.
- Do not drink alcoholic beverages.

- Do not take salt tablets without a doctor's permission.
- Persons on salt restrictive diets should consult a physician before increasing their salt intake.
- Consult your doctor about your current medications.
- Certain prescribed medications increase heat and ultraviolet sensitivity.
- Spend time in air-conditioned places. Try to locate and spend time in buildings where the power and air conditioning are functioning. Spending some time each day in an air-conditioned environment will give some protection. This is especially important for the elderly.
- Don't get too much sun. Sunburn makes reducing body temperature more difficult.

First Aid

- Apply ointments for sunburns if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious cases should be seen by a physician.
- Firm pressure on cramping muscles or gentle massage will help relieve spasms. Give sips of water. If nausea occurs, discontinue water.
- Get the victim out of the sun. Lay down and loosen clothing.
- Apply cool, wet cloths. Fan or move victim to air-conditioned room, if possible. Give sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.
- Move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution.
- Remove clothing, use fans and air conditioners. If body temperature rises again, repeat the process. Do not give fluids.
- Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal. <<

Source: University of Florida



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Be Tire Smart

It's the time of year for summertime travel. Schools are out, workers are taking vacations, folks are heading up North for a few weeks out of the Florida heat and family excursions are on the list of things to do. *Be smart, check your tires.*

Some important things to check are:

Tire Pressure: It's important to have the proper air pressure in your tires as under inflation can lead to tire failure. Remember, tire pressure specified by the vehicle manufacturer is what you need, not the pressure on the tire itself.



Alignment: Misalignment of wheels in the front or rear can cause uneven and rapid tread wear. A bad jolt such as hitting a curb can change your alignment.

Tread: Performance of tires depends upon the actual conditions of their use and may vary due to driving habits, service practices, differences in road characteristics and climate. Tread that is worn down too far will make the vehicle dangerous to operate. Skidding and hydroplaning can occur.

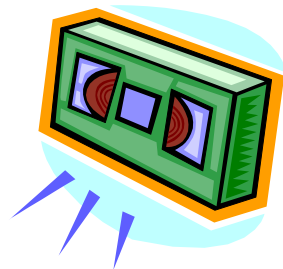
Rotation: Check your owners manual, or with your tire dealer or tire manufacturer for the proper rotation recommendations. Specialty tires, type of vehicle, front wheel drive cars—all make a difference on tire wear.

The Right Tire: When tires need to be replaced, don't guess what tire is right for your vehicle. Look at the tire placard. Tires should be replaced with the tires called for by the manufacturer.

Drive Safely: The way you drive has a great deal to do with your tire mileage and safety. So cultivate good driving habits for your own benefit. Observe posted speed limits. Avoid fast starts, stops and turns. Avoid potholes and objects on the road. Don't run over curbs or hit a tire against the curb when parking.

Have a safe summer. <<

The *Safety Council News* is published six times a year to keep business and industry informed of the Florida Association of Safety Council's activities and safety and health news and developments. NOTE: The information herein was obtained from sources believed reliable and the Association has exercised reasonable care to assure its accuracy. However, the Florida Association of Safety Councils does not guarantee that the contents of the *Safety Council News* are correct and statements from other sources do not necessarily reflect the opinion or position of the Association.



Hablamos Espanol

Videos are free to members for a two-week period. We can mail you videos when you need them, and you will only be charged the nominal postage. Here's a list of what's new in our video library in Spanish.

General Safe Work Practices

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Hurricanes, Tornadoes & Floods

Ladder Safety in Construction

Lifting Safely in Construction

Pneumatic Tool Safety

Preventing Injuries on the Jobsite

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